

Let's Celebrate Summer Bash  
is Saturday 4-9 p.m. at Robins Park

2B

C-17 ENGINE WORK  
A FIRST AT ROBINS

3A

'Hajime'  
Airman benefits from discipline of karate

3B



INSIGHT

insight

### welcome home

Harrisonville offers convenience of off-base housing at affordable rates



THE MACH READ

**Outdoor water use restrictions are in effect**

►Odd-numbered home addresses may use water outdoors on Tuesdays, Thursdays and Sundays between 8 p.m.-11 a.m.

►Even-numbered home addresses are restricted to Mondays, Wednesdays and Saturdays between 8 p.m.-11 a.m.

►No outdoor water use is allowed on Fridays

Industrial Operations and the Golf Course are exempt.

— Environmental Management Division

**Base elementary school opens Tuesday**

Parents who are new to and reside on base may register their children in Robins Elementary School during the summer months. The school is open from 8 a.m. to 3:30 p.m. daily for registration.

School starts Tuesday. To be eligible for kindergarten, a child must be 5 years old on or before Sept. 1. For first grade, a child must be 6 years old on or before Sept. 1. To be eligible for pre-kindergarten, a student must be 4 years old on or before Sept. 1.


Students entering school for the first time are required to present a birth certificate, social security number for the student and immunization records. All children between the ages of 7 and 16 are required to attend school in Georgia.

For more information, call the school at 926-5003.

— From staff reports

ON TRACK

The designated goal day is Nov. 10. The measurement period began April 1 and ends Sept. 30.



<b>PRODUCTION</b>	95 percent aircraft due date performance
<b>TRAINING</b>	85 percent attendance in training classes
<b>DUIs</b>	50 percent reduction in on and off base incidents
<b>SAFETY</b>	50 percent reduction in lost workday injuries; zero fatalities, crippling injuries

**WHAT IT MEANS**  
Green means goal is being met or exceeded.  
Yellow means goal has not been met, but is still attainable.  
Red means goal cannot be met.

The information reflects Robins' progress toward the goal day as of August 3.

U.S. Air Force graphic by REV-UP STAFF

# THE ROBINS REV-UP

PROUDLY SERVING THE COMMUNITY SINCE 1954

August 5, 2005 Vol. 50 No. 31

Robins Air Force Base, Ga.

## Martin retires Aug. 19

### 8th AF commander will succeed AFMC general

By Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AFB, Ohio – Air Force Materiel Command officials announced today that Lt. Gen. Bruce Carlson will pin on his fourth star and assume command of AFMC from Gen. Gregory S. Martin, who plans to retire after 35 years of service.

General Carlson is com-

mander, 8th Air Force, Barksdale Air Force Base, La. The change-of-command ceremony will take place at 10 a.m., Aug. 19, at the National Museum of the United States Air Force.

"I am thrilled at the opportunity to serve with nearly 80,000 AFMC professionals who have brought such marvelous capabilities to our Air Force and to our

nation," said General Carlson. "I look forward to serving with each and every one on the team as we open a new chapter in AFMC's proud tradition of excellence.

"I had the honor to follow General Martin as a brand new fighter pilot over three decades ago, then again at the Pentagon when I followed his lead as the Air Force's Director of

Operational Requirements and now in AFMC," said General Carlson. "It is a privilege to stand in his shadow - he is a world-class leader, superb mentor and genuine Air Force hero."

General Martin's retirement culminates a 35-year Air Force career that includes 161 combat missions in Southeast Asia. He



Lt. Gen. Bruce Carlson, right, will pin on his fourth star and assume command of AFMC from Gen. Gregory S. Martin, left, who plans to retire after 35 years of service.

► see MARTIN, 2A

## 'Dragon Lady' lands



U.S. Air Force photo by AIRMAN 1ST CLASS PAUL R. ROSS  
Maj. Shane Johnson, who piloted the aircraft to Robins from Palmdale, Calif., gets out of the U-2 cockpit Tuesday.

## Base, Museum of Aviation celebrate U-2's 50th anniversary

### HOW ROBINS SUPPORTS THE U-2

The Center's 330th Command and Control, Intelligence, Surveillance, and Reconnaissance Sustainment Group is the system support manager for the U-2. The group manages the supply function, maintains all the parts for the aircraft, and manages all contracts and maintenance for sustainment and acquisition of new requirements across the basic airframe, data links and sensors.

By LANORRIS ASKEW  
lanorris.askew@robins.af.mil

As her attendants stood by eagerly awaiting her arrival, the U-2 "Dragon Lady," queen of the aerial, surveillance and reconnaissance kingdom, glided onto the Robins runway Tuesday proclaiming the beginning of a celebration.

During her short stay, the U-2 also greeted those who provide system management and overall support for the aircraft fleet based at Beale Air Force Base, Calif., as a static display

for 330th CISR personnel and key visitors.

As part of the festivities to commemorate her half century reign as the majesty of the skies, a 1/8-scale U-2 model, donated to Robins by Lockheed Martin Aeronautics, L-3 Communications, British Aerospace Engineering, General Electric, BF Goodrich and Raytheon, was unveiled Thursday morning in front of Building 350, home to the 330th Command and Control, Intelligence,

► see U-2, 2A

## Power outage disrupts work for employees

By HOLLY L. BIRCHFIELD  
holly.birchfield@robins.af.mil

Base civil engineers worked Wednesday afternoon to repair a blown power switch that left nearly half of Robins in the dark.

The power outage occurred when a 2,000 amp switch blew in the base's power substation around 9:30 a.m., knocking out power in several buildings north of Martin Luther King Boulevard and causing the early release of many workers here.

Paul Kelley, 78th Civil Engineer Squadron Operations chief, said power in the affected areas was restored around 7 p.m. Wednesday.

"The power blinked around 9:15 a.m. and then we had the 2,000 amp switch fail at about 10:20," he said. "We turned the power off so we could assess the damage and make repairs."

Base civil engineers speculate that the incident may have been triggered Sunday when a part of the substation that protects it from lightning blew, causing a circuit breaker to short and trip Georgia Power's substation.

"In the midst of everything, we also discovered that Georgia Power's substation had some problems with their equipment due to the incident," Mr. Kelley said. "We're back up and running now, and we hope that nothing like this will happen again any time soon."

Base civil engineers aren't the only ones glad that everything is back to normal.

► see OUTAGE, 2A



U.S. Air Force photo by SUE SAPP  
Employees stand in the hall of Building 215 after a switch blew in the base power substation leaving much of the base without electricity Wednesday.

## Fuel cell test pilot program may lead to alternative fuel source in field

By HOLLY L. BIRCHFIELD  
holly.birchfield@robins.af.mil

An Air Force test project is giving Robins a sneak peek at what alternative fuel sources can do for troops.

Robins will receive 10 five kilowatt fuel cells within the next two months that will reform propane gas and extract the hydrogen to produce electricity at the base's groundwater treat-

ment plant. The fuel cells will help power the base's electricity, while giving the Air Force and the Defense Department a chance to study the energy source's usability in a deployed environment.

The alternative energy source will provide Robins with energy without harmful emissions associated with combustion of fossil

► see FUEL CELL, 2A

### WHAT TO KNOW

Robins will receive 10 five kilowatt fuel cells by mid-September, to ultimately seek alternative, environmentally-sound fuel sources for troops in deployed locations. The fuel cells will reform propane gas and separate the hydrogen from it which will run the fuels and produce electricity to help fuel the base's power grid during the test project.

## Plans call for expanded parking lots, street widening

By HOLLY L. BIRCHFIELD  
holly.birchfield@robins.af.mil

Robins is making more room for the thousands of workers who come through its gates each day.

From adding parking spaces and building new parking lots to widening streets near upcoming facilities like the new commissary, Robins is expanding to accommodate the base's growing needs.

Paul Kelley, 78th Civil Engineer Squadron Operations chief, said many projects are underway.

"We have numerous paving projects that are in various stages of activity," he said. "There's a project to mill and overlay the parking lot north of Building 210. Additionally, there's a project to add to the parking lot at the intersection

► see PARKING, 2A

### THINK SAFETY

**AIRMEN AGAINST DRUNK DRIVING**  
To request a ride, call 335-5218, 335-5238 or 335-5236.

**SLOW DOWN** ► 498 speeding tickets have been issued to date. Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.

### WEATHER FORECAST

TODAY 92/71		SATURDAY 91/70		SUNDAY 90/70	
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## U-2

Continued from 1A

Surveillance, and Reconnaissance Sustainment Group which supports the aircraft. Following the unveiling, the Museum of Aviation’s U-2 exhibit was dedicated during a ribbon cutting ceremony with representatives from Robins and the aircraft’s major contractors present.

The U-2 on display at the Museum of Aviation was the eighth production aircraft. In late 1956 it was delivered to the CIA where it was known simply as “Article 349.” It’s believed the aircraft took part in flights over the Soviet Union and was flown by Francis Gary Powers on some of these missions.

This aircraft was the last of the original U-2’s still in service and was given to the Museum of Aviation by NASA in June 1989.

The anniversary of the Lockheed Martin aircraft, nicknamed “Dragon Lady” after a 1930s comic strip character, ends with her departure today. Her legacy continues and those who guide her toward the heavens are proud to be a part of that legacy.

Maj. Shane Johnson, who piloted the once top secret aircraft to Robins from Palmdale, Calif., said he’s happy to be a part of the celebration as well as a part of the U-2 program.

“We’re basically here in celebration of the U-2’s 50 years of service to the United States of America,” he said.

The major, who has flown the aircraft for three and a half years, said although he has been with the program for only a short period of time, it’s a privilege to be a part of a program that has been around for so long and has such a rich history of contributing to our nation’s defense.

“I’m very fortunate to fly the airplane and be a part of the program even later on in its years,” he said. “I’m glad to have followed the tradition of all of the men and women who’ve gone before me in the U-2.”

Maj. Denis Steele, who piloted the aircraft back to California, described the aircraft: “The U-2 is a high-altitude tactical strategic reconnaissance aircraft. It can launch from long distances and go over other countries and collect information on locations that we are looking at.”

The U-2 made its first flight in August 1955 and has played a vital role in every major world conflict since then, provid-



U.S. Air Force photo by SUE SAPP

**Ron Williams, former U-2 pilot, left, and Ray Crnkovich, former crew chief of the Museum of Aviation's U-2, check out the new exhibit Thursday.**

ing key decision makers the critical intelligence data needed to support and defend our nation.

The high-flying reconnaissance jet was designed early in the Cold War to fly over and photograph military activities in the Soviet Union and other communist countries and has been used by the U.S. Air Force, the CIA and NASA.

Major Johnson said the members of the program are all volunteers, and if after qualifying on another weapon system you have what it takes, then you’re in.

“They see if you can fly it, and if you can fly it, they’ll hire you,” he said. “This is one of those career fields where if you get hired you feel pretty fortunate. It’s a cool program, a cool airplane and a neat

mission that we do.”

He added that not many people know what they do or can do because a lot of it is still classified.

“It’s pretty neat to see the impact the U-2 has had with politics and national security in the last 50 years. It started with the Cold War and now it’s in Iraqi Freedom doing its job there,” he said.

That job, which is accomplished at heights once unheard of, isn’t your average trip in an Air Force jet.

According to Major Shane, pilots wear what is called a pressure suit, which is similar to what the shuttle astronauts wear when on liftoff.

“We fly at altitudes above 70,000 feet and the cockpit altitude is about 30,000 feet so the suit maintains enough air around your body to keep your blood from boiling and keep you conscious,” he said.

He explained that in case of rapid decompression above 63,000 feet, blood would boil so this pressure suit keeps the pilot safe in case cockpit pressurization is lost.

He said the suits have saved many lives and although he hasn’t had any close calls of his own the suit is still a good safety blanket.

## PARKING

Continued from 1A

of First Street and Page Road. This will provide more than 200 additional spaces for people working in the flight line area.”

Mr. Kelley said other ongoing projects are expected to ease flight line-related parking issues.

“In conjunction with efforts to resolve parking problems along the flight line, we are also doing a project to provide handicap parking around the Distinguish Visitor Gate to allow access for handicapped employees without encroaching on the flight line,” he said.

Parking spaces will be added near Gate 44 to address access problems associated with construction of the new Paint-Depaint Facility for the C-5.

“This project will also straighten out the access road to Gate 44, providing a more direct route to the gate, which will improve traffic flow,” he said.

Chip Bridges, 778th CES civil engineer and project manager, said workers are also

reconfiguring parking areas.

“We’ve recently restriped what was the old “t-lot” next to Building 333, and we’re building sidewalks to make better access to that area,” he said. “About 300 spaces will be available.”

Mr. Bridges said sidewalks should be in place within the next two months.

Commuters will have access to more parking near Building 215, as crews expand spaces into the former “lemon lot” next to the new main gate complex. The area will provide about 200 parking spaces, according to Mr. Bridges.

Other parking lot projects include:

►A new parking lot on the corner of Richard Ray Boulevard and Robins Parkway, adding more than 300 spaces.

►Repave and repaint the parking lot near Building 210, adding 15 parking spaces.

►A new traffic light, intersection and parking lot are planned for the corner of First Street and Page Road, adding more than 200 spaces.

►Repave and repaint existing parking and grass areas near gates 14 and 44, adding more than 100 spaces.

►New handicap parking lot near Gate 31, adding 22 spaces. Also creating two large parking lots near Gate 31, adding 20 spaces.

►Widen Bonaire Street (next to the AAFES Service Station). Intersection of 11th Street and Robins Parkway will return to a two-way traffic flow. Construction is expected to begin in October.

►Mill and resurface Robins Parkway in the near future.

Mr. Bridges said parking projects should be completed by January.

Staff Sgt. James Stasel, 78th Civil Engineer Squadron’ Pavements Indefinite Delivery Indefinite Quantity project manager, said Robins is trying to stay one step ahead in combating the base’s infrastructure needs.

“We’re looking for new places to build parking lots every day to alleviate some of the parking congestion we have,” he said.

Armament Group Sustainment officer, agreed. “We came to a stand-still when the power went out,” he said. “We couldn’t do anything because our computers were down, our telephones were down and our lights were out.

## FUEL CELL

Continued from 1A

fuel energy sources, said Roy Case, Advanced Power Technology Office’s (APTO) senior project engineer for the test demonstration.

“Over the next year, they will be supplying 275,000 kilowatt hours of electricity to Robins Air Force Base,” he said. “The produced electricity will go into Robins’ power grid and save on the use of fossil fuel. This may be something we could use in BEAR (basic expeditionary airfield resources) base locations.”

In addition to using propane as an alternative energy source, the fuel cells can also reform jet fuel, natural gas and any fuel source that contains hydrogen, even water, into power sources - a method that may prove to be more convenient for servicemembers already carrying jet

## MARTIN

Continued from 1A

has been AFMC commander since August 2003.

“It’s been an honor to serve my country and the United States Air Force for most of my life and a distinct pleasure to serve my last tour with the outstanding men and women of Air Force

fuel to power the mission, said Mike Mead, APTO chief here.

Brian Davenport, technical marketing manager for Plug Power Inc., a New York-based company that manufactures the Next Generation Continuous Run Fuel Cell Systems, said the LPG fuel cell systems emit water, heat, and carbon dioxide in very low levels, while producing electricity.

Phil Manning, 78th Civil Engineer Squadron Environmental Management Division base environmental engineer and project manager for the Groundwater Treatment Plant, said the fuel source has the potential to provide troops a reliable, environmentally-friendly way to power deployed locations where they live and work.

“The Ground Water Treatment Plant is a state-of-the-art facility,” he said. “It serves as an appropriate backdrop for this innovative technology.”

Materiel Command,” General Martin said.

Referring to both military and civilian members of the command as Airmen, General Martin said they are essential to America’s success in the Global War on Terrorism.

“They make it possible for our Air Force to engage and destroy the enemy anytime, anywhere, by delivering war-win-

The more than \$900,000 project - part of a Congressionally-funded Common Core Power Production Program which looks at advanced technologies to help with BEAR base power sources - may be used at other military bases and in “tent cities” in deployed locations, if proven successful in its test location, said Mr. Mead.

Use of the fuel cells helps the Air Force meet its goals of increasing war fighters’ capabilities, supporting its environmental policies and reducing dependence on foreign energy sources through advanced power technology, Mr. Mead said.

Mr. Case said at the end of the year-long program, APTO will receive a final report on the unit data retrieved by Plug Power and the fuel cell systems will be returned to the company for destructive testing and autopsy to determine what configuration of the 10 systems worked best.

ning capabilities on time and on cost,” he said.

General Martin said his successor is a superb leader: “Just as it is time for me to move on, it is also time for General Bruce Carlson to take over. He is a person I have known and admired for 32 years, and I know that he will take this command to even greater levels of achievement. May God bless you all!”

## OUTAGE

Continued from 1A

Mary Bowman, a budget analyst who works in Building 350, said she was ready to get back to

work Thursday. “In this day and age, you don’t use pencils and paper to do your job,” she said. “You use computers – and without power you can’t do your job.”

Dennis Chance, 542nd Combat Sustainment Wing’s



# C-17 engine work a first at Robins

By LANORRIS ASKEW  
lanorris.askew@robins.af.mil

An effort between the 402nd Maintenance Wing’s C-17 production crew and Boeing Aerospace Support Center representatives in San Antonio culminated in changes on the flight line here last week.

According to Kenny Bates, C-17 planning chief, the production crew and nine Boeing employees performed not one, but two C-17 engine changes July 27 and 28 – the first time the task had ever been performed at Robins.

“We have a great group of people in here from the BASC who’ve come in to work with our people to change these engines and demonstrate the process they use (sling method),” he said. “It’s a team effort, but for now our mechanics are observing the Boeing team perform the task and documenting the steps so we can possibly develop a like process for our team.”

The first aircraft, which came from Charleston Air Force Base, S.C., had its No. 1 engine changed while undergoing an Analytical Conditioning Inspection, or ACI. The second of the two, which hails from McChord Air Force Base Wash., had its No. 3 engine changed while undergoing Global Reach Improvement Program, or GRIP, modifications. Both aircraft were due for scheduled changes based on the number of flying hours logged.

Mr. Bates said this practice is one used by the program to take advantage of the time the aircraft are down for other maintenance.

“While the aircraft is down for GRIP or ACI we do as much as possible to it so when it gets back home it doesn’t have to be put down again,” he said. “So, by doing these engine changes now, the aircraft is more mission



U.S. Air Force photos by LANORRIS ASKEW

According to Kenny Bates, C-17 planning chief, the production crew and nine Boeing employees performed not one, but two C-17 engine changes July 27 and 28 -- the first time the task had ever been performed at Robins.

capable when it gets home and is placed back into the flying schedule in minimum time.”

Those types of opportunities have proven beneficial to the war fighter in terms of aircraft availability. In as little as four hours, under the best possible circumstances, the team can remove and replace a 15,000-pound C-17 engine.

“It’s similar to changing a car’s engine, but on a much bigger scale,” said Mr. Bates.

“You disconnect everything from it, put another one in and hook everything back up.”

Will Timoteo, Boeing aircraft manager, said he sees the effort as a good thing.



**Kenny Bates**  
is the C-17 planning chief.

“We have been in the modifications business at our facility for almost eight years, so bringing our guys over is a big help and good experience for the Warner Robins team to see how we perform certain tasks.”

Boeing was able to demonstrate certain tooling and fixtures specifically designed for this large but delicate task.

“This operation is basically to help these guys see how we perform the task using specially designed equipment versus using the equipment designed for the field units to do the same task at the main operating bases,” said Mr. Timoteo. “A lot of support equipment is



**Will Timoteo**  
is the Boeing aircraft manager.

designed or catered to field type work, and these guys, like us, do a little bit more than just field work and will need to have some vendor type tooling if they are going to perform the task like we do at the BASC.”

Willie Jones, Boeing site manager, said he believes this is one of the better teaming efforts.

“As we continue to build and deliver C-17s, bringing on a partner like Warner Robins is a plus for the war fighter,” he said. “Our goal is to have Warner Robins qualified and able to do everything we do at the BASC, not at the same scale, but capability wise to be 100 percent compatible on like tasks. I think we are well on our way.”



**Willie Jones**  
is the Boeing site manager.

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SUBMISSION  
GUIDELINES

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DELIVERY

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U.S. Air Force photo by STAFF SGT. BRADLEY C. CHURCH

Airmen donate soccer balls, supplies to African school

KIGALI, Rwanda – Senior Airman Mike Meares, of the 86th Air Expeditionary Group public affairs office, shows a local child his photo on the back of his digital camera July 28. The group donated soccer balls, soccer nets, candy and toys to the children attending the Nonko Primary School of Kigali-Kanombe, Rwanda. The United States provided transportation for 1,200 Rwandan forces to and back from Sudan in support of AMIS 2, the African Union Mission in Sudan.

There are many roads to Texas

BOLLING AIR FORCE BASE, D.C. (AFPN) – As my husband and I prepare for a transfer to another base and mission, we have been making plans to take leave in Texas.

As we're looking at the map and discussing the options of flying versus driving, the short route versus a longer route to see more sites, and how much time we want to take for the trip, I'm reminded of the many choices and possibilities involved with decisions. For any trip there are truly many alternatives based on individual needs, preferences, and priorities. There are many roads to Texas.

In a similar vein, there are many roads to success. I was privileged to attend a retirement ceremony recently for a mid-level Airman who addressed the question of "am I successful?" He then went on to eloquently describe

coming home late one evening and watching as his three kids ran down the stairs to hug and welcome him home from the office. Recounting this event brought a big smile to his face, as he stated without any hesitation, that having a loving family was indeed a sign of success in this life.

On the other hand, I know of examples of famous, accomplished scientists who have many publications and much prestige and recognition within the scientific community who bemoan the fact they have not yet received a Nobel Prize. It seems by their definition of success, they have failed to measure up. There are many roads to success.

Where am I going with this, you ask? Well, as the discussions and charges of religious intolerance at the Air Force Academy swirl in the news, and our senior leaders engage to address the concerns, I am reminded about

these simple comparisons of travel and success.

It seems that much in life offers us multiple choices and roads, regardless of the arena. And if there are many roads to Texas, or to success, how is it possible there are not truly many roads to God? For those of us who believe in an omniscient, omnipresent, loving Creator of our magnificent universe, and the source of our individual beings, how is it possible that any human can limit that Creator to only one road to understanding, loving, and worshipping him?

If human life is richly diverse and varied, is it not reasonable to say that critical matters related to God are as varied as well? Does it make sense to say that only one religion offers the definitive road to God? I think not.

Religious tolerance, including tolerance of those who choose not to relate to formal religion at all, is critical for

teamwork in the Air Force. But a deeper level is that of genuine respect – respect that others' roads to God are valid. Indeed I would emphasize that all the world's major religions have not only much to offer, but much in common.

For example, they all have some version of the Golden Rule. I would also suggest that a thin layer of tolerance that barely conceals the underlying belief that one's own religion is superior is not sufficient to truly build the teamwork our Air Force and country need. We need respect for the rich complexity and variety of possibilities for us as humans, in relation to all aspects of life, and in relation to God. After all, there are many roads to Texas.

*This commentary was written by Col. Lela Holden, Air Force Surgeon General Office of Congressional & Public Affairs.*



Col. Greg Patterson  
78th Air Base Wing  
commander

Commander's  
Action Line

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible: Security Forces 327-3445; Services Division 926-5491; EEO Office 926-2131; MEO 926-6608; Employee Relations 926-5802; Military Pay 926-3777; IDEA 926-2536; Base hospital 327-7850; Civil engineering 926-5657; Public Affairs 926-2137; Safety Office 926-6271; Fraud, Waste and Abuse hotline 926-2393; Housing Office 926-3776. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 or for the quickest response, e-mail one of the following addresses: If sending from a military e-mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account, use [action.line@robins.af.mil](mailto:action.line@robins.af.mil). Readers can also visit <https://www.mil.robins.af.mil/actionline.htm>. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up. Anonymous action lines will not be processed.

Gym peak hours

First, I'd like to say thanks to Maj. Gen. Mike Collings for allowing us three hours a week for physical fitness. I was able to get a gym membership on base and have been working out for two weeks.

Recently, I went to the gym around 2:40 p.m. which has been my usual time for two weeks. I was denied entrance to the gym because peak hours for the military start at 3 p.m.

I do understand the importance of our military members getting a chance to work out. However, over the past few weeks the gym hasn't been crowded during this time. I would like to ask that the peak hours be changed.

The change in the peak hours would encourage more civil service employees to participate. If the current times stay in place it will cut my visits to the gym from three to two times per week.

**Commander's reply:** Thank you for your comments and suggestion, and I'll pass your appreciation on to General Collings. "People First - Mission Always" is making a huge impact on Team Robins, both our military and civilian personnel. The Fitness Center caters to about 20,000 active duty, reservists, family members, and eligible civilians in and around Warner Robins. As you are aware, their first priority is to our Active Duty military and our retirees, but we were recently able to allow an additional 500 civilian memberships in May, bringing our total to 1,700. Because of this recent growth in membership, the current peak hours (3 - 6 p.m.) will continue until possible impacts of increased membership can be evaluated. We have adjusted the access policy to allow civilians daily access until 2:59 p.m. We'll watch the use and capacity issue to ensure active duty members are not displaced and at the same time provide as much access as possible to our civilian membership. If we determine there is capacity to shorten the restricted hours without adverse affects to active duty military fitness activities, we'll do so. Until then, I recommend you work with your chain of command to adjust your schedule to allow you to use the center. We're extremely excited about the new Civilian Fitness Program, and we're glad we were able to increase our civilian memberships by 500, allowing you to use the center. We hope you continue to enjoy! Thanks for the call and hope to see you at the Fitness Center.

'Dear Roz'

**Q: I have heard that the current General Schedule classification system will change under NSPS; can you provide an overview of this new concept?**

A: The current classification system for GS 1-15 will go away and positions will be grouped into broad career groups and pay schedules based on the nature of their work, mission, career patterns and competencies. Pay bands are included in the proposed implementing regulations for the NSPS. The bands will simplify job classification and will be based on level of work:

- entry level
- full performance
- supervisory

Progression through a pay band will be based on employees' performance and their contributions to the mission goals and objectives as well as the increased responsibility or job com-

plexity of the position. Pay bands will provide a flexibility not available in the present system to assign work in response to changing mission requirements and new technologies.

The complex and lengthy job description or core documents used in the current system will be replaced with a much shorter description of duties. When implementing the new description of duties and qualification requirements, the Defense Department will generally retain the current OPM occupational series and related criteria for purposes of assigning positions to occupations. DoD will establish internal classification criteria for assigning positions into career groups, pay schedules and pay bands.

The proposed pay banding system is intended to attract, develop, retain and reward high-performing employees through appropriate compensation. The regulations provide a frame-

work for DoD to move towards a market sensitive pay based on consideration of local market conditions in setting pay band rates and in setting pay for new hires. Annual performance increases will be based on performance and contribution, rather than longevity. Larger increases will go to outstanding performers; unacceptable performers will not receive an increase.

Adjustments to rate ranges will be determined by the Office of the Secretary of Defense. Increases associated with rate range adjustments will not be given to unacceptable performers.

*Rosalind 'Roz' Overton, NSPS transition assistant, will address employees' NSPS concerns in the Robins Rev-Up each week. For more information, call Ms. Overton at 926-4023 or visit the NSPS link at [www.robins.af.mil](http://www.robins.af.mil).*



Rosalind 'Roz' Overton is a National Security Personnel System transition assistant.

Military justice

During the period of July 25 through 31, two members of Robins Air Force Base received non-judicial punishment under Article 15 of the Uniform Code of Military Justice.

►A senior airman left his assigned post before being relieved. Punishment: Reduction to airman first class.

►An airman first class wrongfully used marijuana. Punishment: Reduction to airman basic.

There were two administrative discharges under the rapid airman discharge program for this time period.

►An airman was administratively discharged for conduct prejudicial to good

order and discipline. Member received a general discharge.

►An airman was administratively discharged for conduct prejudicial to good order and discipline. Member received a general discharge.

– 78th Air Base Wing Legal Office



# Eating more dairy could help you lose fat

By **HOLLY L. BIRCHFIELD**  
holly.birchfield@robins.af.mil

Whoever coined the phrase, “Milk does a body good,” was n’t kidding.

According to research conducted by Dr. Michael Zemel, professor of nutrition and medicine and Nutrition Institute director at the University of Tennessee at Knoxville, people who are on a reduced calorie, high-calcium diet lost more weight than people on a low-caloric diet alone.

“When you don’t have enough calcium in your diet, your body reacts by increasing hormones to help you conserve calcium,” Dr. Zemel said.

Dr. Zemel, who has been researching the benefits of a high-calcium diet since the late 1980s, said lack of the hormone, calcitriol, increases the body’s manufacture of fat from sugar, inhibits fat burning and inhibits how the body gets rid of fat cells.

“Dairy sources of calcium, meaning milk, cheese and yogurt, are much more effective (in increasing weight loss) because there are other components (that are at work),” he said. “There are small molecules that act synergistically with that calcium to really amplify the (weight loss) effect.”

Nathan Hamman, a dietician at the Health and Wellness Center here, said dairy definitely has a slimming effect.

“It will increase the rate at which you get rid of fat cells and metabolize fat,” he said. “It also increases the rate at which we excrete fat.”

Patti Stogner, a registered licensed dietician at the Medical Center of Central Georgia for nearly 14 years, said adding natural sources of dairy could up your chances of better weight loss.

“Studies are showing three servings a day of dairy products, which would be milk, cheese or yogurt can have an

## WHAT TO KNOW

Health officials recommend a person get 1,200 milligrams of calcium per day to maintain good health. A diet rich in dairy foods, such as fat-free or low fat milk, cheese, yogurt and cottage cheese can help increase one’s metabolism, aiding in a weight loss of one to two pounds per week. For more information on how dairy can make a difference in your weight loss goals, visit [www.threeday.org](http://www.threeday.org) or [www.healthyweightwithdairy.com](http://www.healthyweightwithdairy.com) or call the Health and Wellness Center at 327-8480.

impact on weight loss, helping one to lose a little more weight than someone who did not include three servings of dairy in their diet a day.”

Mr. Hamman, a registered dietician at Robins, said while the eating approach is gaining popularity, it’s far from new.

“It has been around for a while,” he said. “It’s easier to do than diets like Atkins and South Beach, because it’s not as extreme. It’s just basic, well-rounded healthy eating.”

While taking a calcium supplement may produce some results, Mr. Hamman said it’s best to incorporate natural dairy sources in your weight-loss eating plan.

“The research indicates that people lost weight with taking calcium supplements - but they lost more weight with eating natural dairy sources,” he said. “When you eat natural dairy sources, you absorb it better than you would from a pill or other calcium supplement.”

Including foods, such as low-fat or fat-free milk, cheese, yogurt, and cottage cheese could be useful in helping those who want to lose fat versus just losing weight, Mr. Hamman said.

“You want to try to lose one

## Tropical Fruit Smoothie

- 1 cup of fresh or frozen strawberries
- 1 cup of canned pineapple
- ½ banana
- 1 cup of ice
- 8 ounces of plain or fruit yogurt
- ½ cup juice of choice
- 2-3 teaspoons of Splenda (optional - to add sweetness)

Put all ingredients in a blender and mix until ice is well chopped.

Serves 4 to 5

Nutrition: About 100 calories, 20 grams of carbohydrates, 1 gram of fat or less.

*Submitted by Nathan Hamman, dietician, Health and Wellness Center*

to two pounds of weight per week,” he said. “If you’re having a hard time doing that, this could help.”

For best results, Mr. Hamman recommends, as with all weight-loss plans, to reduce your caloric intake by 500 calories, in addition to exercise and following the diet’s guidelines.

“The best thing to do is to already do the healthy diet and exercise thing,” he said. “When your weight loss plateaus, add in more dairy.”

As with anything, Mr. Hamman cautions against overdoing it.

“Twelve-hundred milligrams (of calcium) a day is about what everyone should need on a daily basis - but that may vary with a person’s age and gender,” he said.

For those who are lactose intolerant, Mr. Hamman suggests dairy substitutes, such as soy and other milk-substitutes that have similar dairy benefits.



# welcome home



Huntington Village is located less than a mile from Robins Air Force Base, across Ga. Highway 247.

U.S. Air Force photos by SUE SAPP

## COMMUNITY FEATURES

- Gated community
- Perimeter fence
- Lighted streets and playgrounds
- 2 community centers
- 3 tennis courts
- 2 volleyball courts
- 6 basketball courts (2 full courts & 4 half courts)
- 2 ball fields
- 3 swimming pools
- 17 tot lots with climbers, swings, slides, toys, benches, and “fibar” surface and are accessible without crossing a street
- 19 picnic areas
- Tables – 3 in each area
- BBQ grills – 2 in each area
- Laundry facility
- 4 planned developments:
  - Huntington Crest
  - Huntington East
  - Huntington Park
  - Huntington Hills

Source:  
[www.wrafhousing.com/index.html](http://www.wrafhousing.com/index.html)



Stacey Dumont floats in the pool in the Huntington housing area.



Coty, 8, and his father (Staff Sgt.) Kevin Lair get in some skate time.

## Huntington Village offers convenience of off-base housing at affordable rates

By **HOLLY L. BIRCHFIELD**  
[holly.birchfield@robins.af.mil](mailto:holly.birchfield@robins.af.mil)

Military and Defense Department employees don’t have to travel far from Robins’ gates to find a place to call home.

Huntington Village, a privatized housing community built in 2001, offers active-duty military, active-duty Reservists and DoD civilians the convenience of off-base housing and amenities, such as swimming pools, club houses and tennis courts without the high price tag.

From corporate housing that includes all the comforts of home for Reservists on temporary duty assignment to permanent housing for military and DoD civilians who have family or are single, Julia Crandall, Huntington Village’s assistant project manager, said the community, consisting of 670 housing units, is an affordable alternative to many of the housing options in the local community.

“It’s a great place to live,” she said. “We have wonderful amenities and great rent rates. It’s a gated, friendly, family-oriented community.”

Ms. Crandall said the type of housing available to military members is based upon rank.

“They go from E-5 (staff sergeant) all the way up to O-6 (colonel) and then E-4 (senior airman) and below can buy into E-5 and E-6 (technical sergeant) and then work with their BAH (Basic Housing Allowance).”

Ms. Crandall said residents are allowed to buy into houses with additional bedrooms, if houses have been vacant for 15 days.

Civilians, military retirees and the general public may rent units, upon passing a background investigation, credit check and paying a security deposit, once military members’ housing needs are met, according to Joe Killebrew, privatized housing manager for the Air Force.

Residents can rest easy knowing lawn care, pest control and maintenance services are all included free of charge to make life a little easier for residents, Ms. Crandall said.

“With the housing market booming like it is, we want people to know the benefits of living here,” she said. “There are no taxes to pay, no down payment to worry about...and you get all of these great amenities.”

Staff Sgt. Sherry Whitfield, a supply inventory specialist with the 116th Logistics Readiness Squadron, and her husband, Herman, have lived in Huntington Village since 2002.

“It’s convenient to base, and at the same time, you’re not living directly on base,” she said. “We like the fact that it’s quiet, and people are really friendly here.”

## WHAT TO KNOW

Huntington Village is located less than a mile from Robins Air Force Base, across Ga. Highway 247. All prospective residents, except military members, must undergo a background and credit check, and pay a security deposit. The leasing office is open Monday-Friday, 7:30 a.m.-5 p.m. and by appointment only on Saturdays. For more information, call 929-8988 or visit the housing link on Robins’ homepage at [www.robins.af.mil](http://www.robins.af.mil).



TODAY

A Quartermania will be held today, Aug. 12 and 19 from 1 - 8 p.m. at the bowling center. Pay \$5 per person and then pay a quarter for each game you bowl and a quarter for shoes.

All-you-can-eat catfish and the fixings are served from 11 a.m. - 1 p.m. at the officers' club. For more information, call 926-2670.

Catfish on the curb is offered Fridays from 5 - 7 p.m. at the Enlisted Club. To-go dinners include catfish, coleslaw or potato salad and hush puppies for \$5.95.

Play Joint Forces bingo in the east wing of the enlisted club Tuesdays, Wednesdays, Thursdays and Fridays with bar bingo at 6 p.m. and games at 7:15 p.m. Games are 2:45 p.m. on Sundays. The entry fee is free to all Robins' club members, bona fide guests and active duty or retired widow club members and \$5 for eligible non-club members. For more information, call 926-4515.

Letters of intent for flag football are due by today. For more information, call 926-2128.

There will be a pre-season tennis tournament today through Friday, Aug. 12. Interested players need to sign up with their sports representative or at the fitness center by today. A players' meeting will be held Monday at 10 a.m. in the Smith Community Center ballroom. Regular league play will begin Aug. 16. For more information, call Tech. Sgt. Steven Siudzinski or Kenneth Porter at 926-2128.

Past and current 34th Maintenance Squadron, 402nd Combat Logistics Support Squadron and 622nd CLSS members are invited to attend a reunion picnic Aug. 13, beginning at noon at the picnic pavilion by the Fitness Center. To R.S.V.P., call 926-3115 or 926-2912 by today.

SATURDAY

Let's Celebrate Summer Bash will be held on Aug. 6 from 4 - 9 p.m. at Robins Park and conclude with a grand fireworks show over Duck Lake around 9:20 p.m.

SUNDAY

The Officers' Club brunch is from 10 a.m. - 1:30 p.m. with all-you-care-to-enjoy breakfast and dinner entrees. Cost is \$9.95 for members and \$11.95 for non-members.

The pool closure schedule is the following: Crestview pool today; Officers' Club Aug. 14 and the Enlisted Club Sept. 5. This is due to the availability of lifeguards going back to school or college. For more information, call 926-4001.

MONDAY

Come out and enjoy line dance lessons every Monday from 6 - 8 p.m. in the Smith Community Center ballroom. Cost is \$30 per person, and class size is limited to 40 students. Must be 16 years and older to participate. For more information, call 926-2105.

TUESDAY

Reserve Officers Association Chapter 36, The Flying Tigers, will meet at 11:30 a.m. at the Officers' Club. Lunch is pay-as-you-go buffet. Membership is open to Reserve officers of any service component, active or retired, and spouses. For more information, contact Lt. Col. Larry Ruggiero at 327-0227 or Lt. Col. Ray Cancilleri at 327-1622.

Officers' Christian Fellowship meets at 7:15 p.m. at a member's home. For more information, contact Capt. Melissa Cunningham at melissa.cunningham@robins.af.mil or 1st Lt. Ann Walsh at ann.walsh@robins.af.mil.

Karaoke is held at the enlisted club every Tuesday from 8 p.m. - midnight with Bobbie. Semi-finals will be held today and Aug. 16 with finals to be held Aug. 23. For more information, call 926-4515.

WEDNESDAY

The International Society of Logistics,

Celebrate Saturday



U.S. Air Force file photo by SUE SAPP

Let's Celebrate Summer Bash will be held Saturday from 4 to 9 p.m. at Robins Park. There will be a fireworks show over Duck Lake around 9:20 p.m. Rides and attractions will include: two climbing walls, hoops basketball challenge, adrenaline rush obstacle course, 9-hole miniature golf course, passenger train, kiddy city, spinning strawberry, merry-go-round, wave of fire slide, swing ride, and turbo tubs ride. For \$5, people can purchase a wristband which will allow them to ride all the rides. Admission is free for children ages 2 and younger. The fitness center will have fit for fun events during the bash, including a kids homerun derby at 1 p.m.; an adult 5-on-5 dodge ball tournament at 3 p.m.; double horseshoe tournament at 4:30 p.m.; and an adult homerun derby contest at 6 p.m.(men's and women's division). Prizes for winners and runners-up will be awarded. To participate, sign up at the fitness center. For more information, call the Smith Community Center at 926-2105.

SOLE, will meet at 11:30 a.m. in the Georgia Room of the Officers' Club. The guest speaker will be Hobbie Daniels, Acuity Brands Lighting (Lithonia Lighting) director of operations - Georgia production facility in Cochran, Ga. His presentation will be on the facility and its "Lean journey" over the last eight months. Non-members are welcome. Go through the lunch line and be seated by 11:30. If you have questions, call Debbie Jackson at 222-1343 or Laird Van Gorder at 926-0597. The International Society of Logistics is a non-profit international professional society composed of individuals organized to enhance the art and science of logistics technology, education and management.

Aerospace Toastmasters Club 3368 meets from 11:30 a.m. to 12:30 p.m. in the PK conference room, Building 300. For more information, call Senior Master Sgt. Robert E. Hall at 497-2946 or Brenda Smith at 222-1710.

Air Force Association Carl Vinson Memorial Chapter 296 meets at 11:30 a.m. in the Daedalian Room of the Officers' Club. For more information, contact Julie Vick at 926-2264 or Lynn Morley at 926-6295.

Dance lessons are given every Wednesday from 6 - 8 p.m. at the officers' club. For more information, call 926-2670.

Enjoy a couple's night out while playing a 9-hole scramble today and Aug. 24 at 5:30 p.m. Cost is \$25 per annual green fee couple or \$35 per non-annual green fee couple and includes green fee, golf car, food and prizes.

THURSDAY

Come out to the greatest after work party and ladies night out every Thursday from 6 - 9 p.m. at the enlisted club. Enjoy jazz and rhythm and blues entertainment.

UPCOMING

Belly dancing classes will be held Aug. 12 and continue every Friday from 6 - 8 p.m. The 6-week course costs \$60 per person. Register now at the Smith Community Center. Must be 12 years old and older to register. For more information, call 926-2105.

The teen lock-in has been rescheduled

to Aug. 13. Twelve volunteers are needed to serve as chaperones starting at 8 p.m. and ending 8 a.m. Aug. 14. Anyone interested should contact Marvin Hawkins at 926-5601 or marvin.hawkins@robins.af.mil.

A Robins Air Force Base Open golf tournament is scheduled for Aug. 13 - 14. Cost is \$50 for annual green fee members and \$80 for guests and includes green fee, golf car and prizes. For more information, call the pro shop at 926-4103.

A yard sale will be held at the Smith Community Center from 7 a.m. - 1 p.m. Aug. 13. Cost of tables is \$7 each and should be paid for on the Saturday prior to the event. Tables can be set up beginning at 7 a.m. To make reservations, visit the ITT office, Building 767.

A scrap booking class will be held Aug. 13 from noon - 6 p.m. at the Smith Community Center. For more information, call 926-2105.

Robins Company Grade Officers' Association will hold its summer social and membership drive Aug. 19, from 3 - 8 p.m. at the Officers' Club poolside patio. All commanders, CGOs, and their families are invited to this free evening of swimming, food, fun and games. Activities include Texas Hold'em style poker, volleyball, and horseshoe tournaments, as well as a variety of games for kids. There will also be a game of Assassins running throughout the night. Dress is summer attire or swimsuit. To attend, R.S.V.P. by Aug. 10 to Capt. Aaron Neiss at 222-0127 or aaron.neiss@robins.af.mil; or 1st Lt. Eric Florschuetz at 926-3443 or eric.florschuetz@robins.af.mil.

A four play walleyball tournament will be held Aug. 20 at 10 am. Awards for first and second place teams. For more information and to register, call 926-2128.

Command Texas Hold 'Em tournament starts Aug. 20. Enjoy eight weeks of play with one winner advancing to win the coveted Command Championship with a grand prize of \$1,500. Winner will receive a club card credit of the amount won (must be a club member to win prizes). Free to club members and nonmembers \$15. For more information, call 926-4515.

The Robins Officers' Spouses' Club will hold a special activities coffee Aug. 25 at

10 a.m. at the Museum of Aviation (Hanger One). Representatives from base and community organizations will be on hand to provide information about Middle Georgia. Enjoy OSC special activities, clubs and volunteer opportunities including: bowling, book club, bridge, bunko, golf, mahjongg, play group, scrap booking, tennis, thrift shop, and tours. Reservations aren't required. For more information, contact Nandalee Sarandos at 953-8137, 442-1567 or RobinsOSC@gmail.com or Heather Walrath at 218-0493 or hhillw@hotmail.com.

Enjoy Jazz and Rhythm and Blues with Ken Trimmings and Quiet Storm Aug. 25 from 5:30 - 8:30 p.m. in the main lounge of the Robins Officers' Club. For more information, call 926-2670.

A dinner dance will be held Aug. 27 at the officers' club. Dinner will be held from 6 - 9 p.m. Dancing will be from 7 - 11 p.m. in the ballroom with musical entertainment by Bob Cummings. For more information, call 926-2670.

The Al-Sihah Shriners circus will be held Sept. 10 and 11 at the Macon Coliseum. Advanced tickets sales are available at ITT; \$10 adults and \$5 children (4 - 12 years). Show times are Sept. 10 at 10 a.m., 2 p.m. and 8 p.m. and Sept. 11 at 1:30 and 5 p.m. For more information, call 926-2945.

The Arts and Crafts Center will be accepting entries from youth and adults for the artist's craftsman and photo contest base-level Sept. 19 and 20. Judging will take place on Sept. 21. Winners will be announced and certificates presented on Sept. 23 at 4 p.m. Open to all military, DoD and immediate family members. For more information, call 926-5282.

Robins Hispanic Heritage Committee presents the Hispanic Spectacular Show Sept. 24 at the Museum of Aviation amphitheater from 7 to 10 p.m. Gates open at 6 p.m. Enjoy a night of cultural music and live performances. Bring your lawn chairs, snacks and beverages. For more information, visit http://members.cox.net/rafb-hho-2005/.

To have an item listed, send it to Angela Trunzo at angela.trunzo@robins.af.mil by 4 p.m. Monday prior to the Friday of intended publication.

NOW PLAYING



Adult tickets are \$3.50; children 11 years old and younger tickets are \$2. Movies start at 7:30 p.m., unless noted. For more information, call the Base Theater at 926-2919.



TODAY

War of the Worlds  
Tom Cruise, Miranda Otto  
(doors open at 6:30 p.m.)

Ray is estranged from his family, his life isn't in order, and he's too caught up with himself. His small town life is shaken violently by the arrival of destructive intruders: Rated PG-13 (frightening sequences of sci-fi violence and disturbing images) 117 minutes

SATURDAY

Herbie:Fully Loaded  
Lindsay Lohan, Justin Long  
(doors open at 1 p.m.)

Maggie is the new owner of the Volkswagon bug with a mind of its own and puts the car through its paces on the road to becoming a NASCAR competitor. Rated G (general audiences) 98 minutes

FREE MOVIE: Four Brothers

Mark Wahlberg, Andre Benjamin  
(doors open at 6 p.m.)  
(Free passes are available at any AAFES food outlets and Exchange checkout counters today. Seating is available on a first-come, first served basis.)

Four brothers come together to discover that they are bound by ties thicker than blood. Rated R (strong violence, pervasive language and some sexual content)

UPCOMING

Aug. 12 - Mr. and Mrs. Smith  
Aug. 13 - Rebound  
Aug. 13 - Dark Water

CHAPEL SERVICES

Catholic

Catholic masses are held at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and at a 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is Saturday from 4:30 to 5:15 p.m.

Islamic

Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

Jewish

Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

Orthodox Christian

St. Innocent Orthodox Church service is at the chapel on the second Tuesday of each month at 5 p.m.

Protestant

General services take place Sundays at 11 a.m. The service includes some traditional and contemporary worship styles in music and format. Protestant inspirational services take place Sundays at 8 a.m. Contemporary services take place 11 a.m. Sundays at the Base Theater. This service is informal and includes traditional and contemporary styles of music and worship.

The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.

DONATE YOUR LEAVE

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the

Robins Rev-Up, wings should send information to Angela Trunzo at angela.trunzo@robins.af.mil. Submissions run for two weeks.

William T. Cody, WR-ALC/LUHH. Point of contact is Larry Layfield at 926-7029. Alan Miller, 330th SASG/EN. Point of contact is Wes Peavy at 926-6864.



# Airman benefits from discipline of karate

By **AIRMAN 1ST CLASS PAUL R. ROSS**  
116th Air Control Wing Public Affairs

Every muscle in his body is ready. All of his energy is focused into the task ahead. He blocks out the roar of more than 3,000 people who surround him. Eight points is all that stands between victory and defeat, between triumph and failure. The referee yells, “hajime.”

The fight begins.  
For 1st Lt. Eric Masino this is an all too familiar feeling. The 128th Airborne Command and Control Squadron Joint STARS pilot has practiced Wado-Kai, a traditional Japanese karate system, for 17 years and has been competing in tournaments for the last 12.

“The discipline and structure martial arts provide can really help you in your Air Force career,” he said. “It also keeps you in shape physically.”

The third-degree black belt competes through the Amateur Athletic Union and the United States National Karate Federation in regional, state, national and world tournaments.

A traditional Wado-Kai tournament is broken into two categories.

“In the Kata portion, competitors perform alone and are judged on precision, speed and proper execution of techniques, while performing a system of moves in a given sequence,” said Masino.



Masino said: ‘The discipline and structure martial arts provide can really help you in your Air Force career. It also keeps you in shape physically.’

## WHAT TO KNOW

For more information on traditional karate and traditional karate competitions e-mail Masino at eric.masino@garobi.ang.af.mil.

The Kumite part is where two competitors actually compete in a match. They are given whole and half points for executing strikes to their opponents’ body and head in a three-minute match. Once a person gets ahead by eight points, the match is automatically over. A win is also achieved by being ahead in points after time runs out or if your opponent cannot compete any longer, he explained.

For Masino it’s the love of competition and the sport that keeps him involved.

“Eric is very dedicated and extremely focused when it comes to martial arts,” said Butch Balingit, instructor and owner of Lakeland Karate Center in Lakeland, Fla. “He has lots of natural talent and raw ability.”

“I have a very competitive spirit; I’ve always had a love to compete,” Masino said. “I love spending months training prior to and seeing the pay-off at the tournaments.”

Competing isn’t the only thing the Masino is familiar with. He is also no stranger to the thrill of victory.

Winning the National Kumite championship in 1997, a National Kumite silver medal



U.S. Air Force photos by **AIRMAN 1ST CLASS PAUL R. ROSS**  
**First Lt. Eric Masino, 128th Airborne Command and Control Squadron Joint STARS pilot, has practiced Wado-Kai, a traditional Japanese karate system, for 17 years.**

in 1998, a World Kata championship in Germany in 1999 with the U.S.A. national team and another National Kumite title in 2002 is the Masino’s proof that hard work and dedication pay off.

Masino competed with the U.S.A. national team in 1997, 1998 and 1999. He had to turn down a spot on the team in 2001 because he was in undergraduate pilot training. After 2001, he took a break until 2004. He has since earned a spot on the 2005 U.S.A. Wado-Kai World Cup Team and is competing in his fourth world championship in Tokyo Aug. 17-21, along with more than

300 other competitors - more than 100 in his weight class.

The International Olympic Committee recognizes traditional karate competition as an official sport, but hasn’t made it a medal sport category for the Olympic Games.

The Wado-Kai World Cup will use the same rule structure that has been approved by the United States Olympic Committee and IOC respectively.

“It would be nice to see the Air Force start a karate team that could travel to national-level competitions and have Air Force sponsorship,” Masino said.



# Airman builds on family tradition

By **AIRMAN 1ST CLASS PAUL R. ROSS**  
116th Air Control Wing Public Affairs

Family lineage runs deep in the firehouses of New York City, the steel plants in Pittsburgh and automobile factories in Detroit. Generations of blood, sweat and tears are ingrained into these places so that America could prosper.

First Lt. Michael Brantley’s family didn’t build tradition while fighting fires or assembling cars. They’ve supported the world’s greatest Air and Space power at Robins Air Force Base since 1941.

The 16th Airborne Command and Control Squadron air weapons officer is the fourth generation in his family to work at Robins.

“My great-grandparents were both civil servants who worked in the machine shop here,” the lieutenant said.

His grandmother, Polly Thames, started working when she was 16 years old, a fact she kept secret from her supervisors until she was 18 and could legally work on base.

“My grandmother worked on carburetors for radial engines, in quality inspections, the gyro shop and avionics,” the lieutenant said. “Her husband, Ellis Thames, also worked in plant services.”

Lieutenant Brantley’s father and mother followed in the footsteps of his grandparents.

“My father, David Brantley, still works on base in power production and my mother, Maryann Brantley, retired from a career in radar avionics,” said Lieutenant Brantley. “She came back to work on base as a contractor in the same career field.”

For many military members, Robins is a temporary location. For this National Guard lieutenant, it’s home.

He grew up here and graduated from nearby Northside High School before joining the Air Force in 1988. As an active-duty airman basic, he worked on F-4s as a hydraulic mechanic. He made it to the rank of technical sergeant



**First Lt. Michael Brantley** is a 16th Airborne Command and Control Squadron air weapons officer and the fourth generation in his family to work at Robins.



**DAD: David Brantley** works on base in power production.



**MOM: Maryann Brantley** is retired from a career in radar avionics, and is now a contractor in the same career field."

before getting commissioned in 2002.

“I was originally stationed at Seymour Johnson in North Carolina. Then I joined a reserve component at Dobbins,” he said. “After that, I came back into the active-duty Air Force and was stationed at Hurlburt Field. It wasn’t too long before I joined the Georgia National Guard and followed my family roots ending up here at Robins.”

Sitting at a local restaurant, the air weapons officer recalls being a kid and growing up in



**GRANDPARENTS: Polly Thames** worked on carburetors for radial engines, in quality inspections, the gyro shop and avionics and **Ellis Thames** also worked in plant services.



**GREAT-GRANDPARENTS:** Louise and Horace Wilbanks, Lieutenant Brantley's great-grandparents, also worked on base.

Warner Robins.

“I remember when, where we are sitting now, was all soybean fields,” he said. “The Kroger plaza and the mall used to be peach orchards.

Growing up in a military town often influences people to pursue military careers.

“It just seemed like the right step for me after high school,” he said. “I remember seeing the B-52s when I was a kid and the thrill of the F-15s flying by.”

When asked if his daughter would follow in the footsteps his family had laid down, he smiled and said, “Lexus is 13 years old, and she wants to be a veterinarian. I just keep reminding her that there are also vets on base.”



# Federal Managers’ Association to present Manager of the Year, scholarship winners

By **CHRIS ZDRAKAS**  
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The Federal Managers Association’s Chapter 121 will hold its annual award luncheon Thursday. The purpose of the luncheon is to announce the 2005 Outstanding Federal Manager of the Year and scholarship winners. Nominees for the Outstanding Federal Manager of the Year may be civilian or military federal managers who have made significant contributions

toward the achievement of one or more of the major objectives of FMA. These objectives are greater efficiency and cost effectiveness within the work force; increased productivity and improved quality; achievement of greater return on the taxpayer’s investment; and identification and elimination of fraud, waste, and abuse. Three Federal Managers Association Scholarships of \$500 each are awarded annually to graduating seniors in the Middle Georgia area. Applicants

are evaluated on academics, extracurricular activities, leadership, future goals, letters of recommendation and financial need. The luncheon will be held in the Officers’ Club ballroom. Menu will be “go through the line.” Attendees are asked to be seated by 11:25 a.m. Luncheon reservations may be made by contacting Sandi Portz at 926-3628 or Sandra.portz@robins.af.mil. Deadline for reservations is close of business Tuesday.

## Healthy Start School Screenings continue

The 78th Medical Group, 78th Security Forces Squadron, and the Robins School System will sponsor Healthy Start School Screenings (formerly known as Operation Save A Child) for the 2005-2006 school year. Georgia and the Department of Defense require all new students entering the school system to have hearing, vision and dental screenings, as well as needed immunizations. A team

of health care providers and the Security Forces’ Crime Prevention Unit will be available to provide the following services for eligible dependents of active duty and retired personnel: ID cards and fingerprinting, dental, vision, hearing, scoliosis screenings; height, weight, and blood pressure measurements and immunizations. There will also be a visit from McGruff, the crime pre-

vention dog, and Alex the Alligator, 78th Dental Squadron mascot. The schedule is as follows:  
►New Houston County schools students – Aug. 20, 9 a.m.-noon, 78th Medical Clinic, Building 700A  
►New Robins Elementary School students – Sept. 7, 9 a.m.-3 p.m., Robins Elementary School

– *From staff reports*

## AFPC: Long Term Care Insurance makes sense

RANDOLPH AIR FORCE BASE, TEXAS - Active-duty Airmen, some reservists, appropriated-fund civilian employees, retirees and qualified family members can still apply for the Federal Long-Term Care Insurance Program. The program can help federal employees defray the costs of in-home care, nursing-home care, or assisted-living facilities for people no longer able to perform normal daily activities because of chronic-health conditions. “Long term care insurance isn’t just for old age – nearly 40

percent of people needing long term care are under age 65,” said Janet Thomas, human resources specialist at the Air Force Personnel Center here. “Health insurance will cover hospitalization and medical care, but not necessarily long term care. The Federal Long Term Care Insurance Program provides protection from the potentially high cost of long term care.” The FLTCIP is sponsored by the Office of Personnel Management. Two types of plans are available:

►Facilities-Only Plan: covers all levels of nursing home, assisted living facility and inpatient hospice care.  
►Comprehensive Plan: covers everything the Facilities-Only Plan covers, plus care provided at home by a nurse, home health aide, therapist, informal caregiver or other authorized provider. Costs of adult day care centers and home hospices are covered as well. For more information, visit www.LTCFEDS.com.

– *AFPC news service*



## Staging facility takes over where hospital leaves off



U.S. Air Force photos by SENIOR AIRMAN CHAWNTAIN SLOANS  
**BALAD AIR BASE, Iraq – Senior Airman Richard Reid makes sure an ambulance-type bus is equipped with the necessary medical supplies. The bus has been modified to support ambulatory patients who are primarily moved on stretchers. Airman Reid is a medical technician with the 332nd Expeditionary Medical Group's contingency aeromedical staging facility and is deployed from Andrews Air Force Base, Md.**

